

# The G.Y.M. Zone

## Get Yourself Moving

MRS. KATHY YOUNG

SEPTEMBER 2012

PHYSICAL EDUCATION

### My Mission Statement:

My mission is to help every student reach his or her highest potential, not just in the gym, but also in life. I will do this by encouraging each student to participate in developmentally appropriate activities that help increase their physical competence, self-esteem, and enjoyment of physical activity no matter what their physical abilities may be. I will bring a positive attitude to the gym, treat each student with fairness and respect, develop high expectations of my students for effort, behavior, teamwork, and cooperation. I want to teach students the skills and knowledge needed to establish and sustain an active lifestyle and instill a lifelong love of physical education. I want my students to think: **yes I can**, and know that a **strong and healthy body helps create a strong and healthy mind**.

### Your student will participate in Physical Education class:

Teacher	Cycle day	And	Cycle day
1A	1		6
1D	1		6
2B	1		6
2Hn	1		6
3B	1		4
3F	1		4
3P	1		6
4A	4		N/A
4U	4		N/A
5E	4		N/A
5I	4		N/A
6M	1		6
6A	4		6
6S	4		6

**STUDENTS MUST WEAR SNEAKERS**

### GIMME A HIGH FIVE!

EVERYONE wears sneakers

EVERYONE shows cooperation and respect

EVERYONE is in control

EVERYONE thinks safety 1st

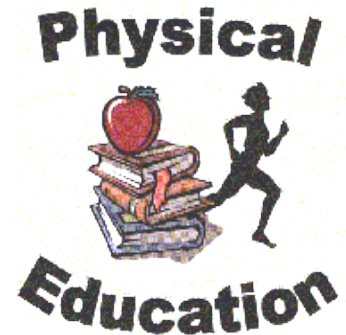
EVERYONE plays fair and by the rules

**HELP NEEDED!** On Tues. and Thurs. during lunch recess, we need 2-4 parents to supervise our RECESS MILEAGE CLUB. Interested? **Contact Mrs. Young 284-4128 ext. 3431 or at [kathy.young@pennmanor.net](mailto:kathy.young@pennmanor.net).**

### **WHY YOUR CHILD NEEDS PHYSICAL EDUCATION**

The benefits of regular physical activity include:

- Reduces the risk for obesity, diabetes and other chronic diseases
- Assists in improved academic performances
- Helps children feel better about themselves
- Reduces the risk for depression and the effects of stress
- Helps children prepare to be productive and healthy
- **IMPROVES OVERALL QUALITY OF LIFE!**



During this school year your child will participate in developmentally appropriate activities that help increase their physical **competence, self-esteem and enjoyment of physical activity no matter what their physical abilities may be. I want every child to LOVE PHYSICAL EDUCATION!**



### **PM Physical Fitness Tests**

Students in grades 3-6 will perform the 5 fitness tests during the 1<sup>st</sup> and 2<sup>nd</sup> marking periods.

- Mile run
- Curl-ups
- Over hand pull ups
- Shuttle run
- Sit and reach

Students scoring 50% and above on ALL tests = **MERIT WINNER.**

85% and above on ALL tests = **CHAMPION WINNER.**

**Students also have an opportunity to break existing school records in the testing events!**

**Students in 1<sup>st</sup> and 2<sup>nd</sup> grades** are learning that exercise grows brain cells by using movement to reinforce academic concepts. Your student can expect to begin working on fundamental movements, locomotor skills, balancing skills, short jump ropes, scooter exploration, ball handling skills and low organizational games. We will do many activities that will incorporate cross lateral movements (crossing the midline). Studies have shown that this type of movement organizes and energizes the brain. Therefore, these activities that cross the midline, strengthen and prepare the brain for learning.

## The Grading System in Physical Education

Students will be graded in two areas during Physical Education class, effort and skill. In each area there are four levels of performance:

**O=outstanding, G=good, S=satisfactory and N=needs improvement.**

**Effort is defined as:** the student demonstrates an understanding of class rules and works to the best of his or her ability.

**Skill is defined as:** the student demonstrates an understanding of ideas and activities taught, through participation in class activities.

## Sneaker Alert

- Wear sneakers and socks
- Wear clothes that encourage free movement

**Please purchase “athletic sneakers” and stay away from slip on shoe, clog sneakers, zipper sneakers, and platform or raised heel sneakers. Toes and heels must be completely enclosed. Your child will be safe only in sneakers that stay on their feet!**

Can your child tie their own shoes? Be sure to teach your children how to do this, even though alternatives are available. Velcro shoes and elastic "no lace" laces may be fun for your kids, but they'll have to learn how to tie their shoes eventually, and basic knot and bow tying is a good skill to know. Learning to tie one's own shoes is still considered to be a milestone that children should master by 5 or 6 years of age.

In Physical Education class, children will only be able to achieve a grade of “outstanding” if they can demonstrate that they can tie their shoes. Here is a poem by Lisa Wilkinson, from Loveville School in Loveville, MD. Maybe this “trick” will make tying shoes fun for your child!

Criss Cross and go under the bridge  
Then you got to pull it tight.  
Make a loop but keep a long tail  
That is how to do it right  
Then you take the other string  
and you wrap it 'round the loop  
Pull it through the hole  
Now you got the scoop  
Criss Cross and go under the bridge (this is where you tie the loops together)  
Now you made a Double Knot! Lisa Wilkinson Loveville School, Loveville, MD USA

## Mrs. Young's Recess Running Club Challenge

**CHALLENGE #1:** Can you move your class football from the Eagle's end zone to the Steelers's end zone???? (Poster display in the cafeteria)

WHEN: Tues. and Thurs. during lunch recess

WHAT: A school wide challenge! The challenge is for students to walk, jog, run 246 miles, the distance to Heinz Field, located in Pittsburgh, Pennsylvania! I am challenging each classroom to log 103 laps during our Tues. and Thurs. recess running club. The challenge will begin on the 18<sup>th</sup> of Sept. and each classroom will have until Oct. 4<sup>th</sup> to complete their challenge. The Philadelphia Eagles will be playing the Pittsburgh Steelers on Sunday, Oct. 7<sup>th</sup> at 1:00 pm, in Pittsburgh.

DATES: Sept. 18<sup>th</sup> – Oct. 4<sup>th</sup> 2012

If the whole school succeeds in completing the challenge we will have an all sports day where students may wear their favorite team shirts! Date to be announced.

**CHALLENGE #2:** Can you move your class football from the Eagle's end zone to the Saint's end zone???? (Poster display in the cafeteria)

WHEN: Tues. and Thurs. during lunch recess

WHAT: A school wide challenge! The challenge is for students to walk, jog, run 876 miles, the distance to Mercedes-Benz Superdome, located in New Orleans, Louisiana! I am challenging each classroom to log 365 laps during our Tues. and Thurs. recess running club. The challenge will begin on the 9<sup>th</sup> of Oct. and each classroom will have until Nov. 1st to complete their challenge. The Philadelphia Eagles will be playing the New Orleans Saints on Monday, Nov. 5<sup>th</sup> at 8:30 pm, in New Orleans.

DATES: Oct. 9<sup>th</sup> - Nov. 1, 2012

If your classroom achieves the challenge, you will have a special activity day in your physical education class.

Take on the challenge and G.Y.M (Get Yourself Moving!)

Mrs. Young

PS – Challenge #1 - lap goal per student is 5 (based on 20 students in a classroom).

Challenge #2 - lap goal per student is 18 (based on 20 students in a classroom).

**\*Students will still be earning their individual toe tokens. 25 laps =1 token**

